

#### 本集内容

- **Tempting bird-watchers to Uganda** 乌干达湿地吸引游客前来观赏鸟类
- **The secret to Dutch children's happiness** 荷兰儿童感到快乐的秘密

#### 文字稿

This is where you'll find some of the world's most beautiful and rare species of birds. Mabamba swamp on the shores of Lake Victoria, is gaining a reputation as a top bird-watching spot. Uganda has over one thousand species of birds - that's more than the United States and Europe combined. The question is how to make money from this resource. One way is getting more bird-watchers and tourists here. And the numbers are slowly growing. Uganda is trying to position itself as a **wholesome** and safe destination.

你会在这里找到世上最美丽稀有的一些鸟类。位于乌干达维多利亚湖岸的玛巴姆巴湿地作为观鸟胜地之一正逐渐树起声望。乌干达共有一千多种鸟类，其数量多于美国和欧洲的鸟类物种之和。该国目前面临的问题是如何凭借这一自然资源营利。一种方法是吸引更多观鸟者和旅客前来游览，游客的数量正缓步增长。乌干达正在努力塑造有益身心健康且安全的景点形象。

Children in the Netherlands consistently rank among the happiest in the world, according to surveys by UN children's fund, Unicef. Chocolate sprinkles clearly contradict the healthy eating advice. And yet, Dutch kids have some of the lowest **obesity** rates. This may be linked to the fact that so many cycle to school. Bikes and cars have separate lanes. And when they get to school, Dutch pupils don't face academic pressure - things like tests and homework - until much later. Could this be the secret for happiness? Well, a happy child could grow into a happy adult.

联合国儿童基金会（Unicef）发布的一系列调查结果表明，在世界最快乐儿童所在国家的排名中荷兰持续名列前茅。虽然巧克力碎屑和人们所提倡的健康饮食理念截然相反，但和其它国家相比，荷兰儿童的肥胖率仍非常低。该现象的原因可能与很多孩子骑车上学的事实相关。在荷兰，自行车和机动车设有单独的车道。在学校，荷兰的小学生并没有类似考试和家庭作业等学习压力，要到很久以后，他们才需要面对这些问题。这是否就是快乐的秘密呢？毕竟人们总说，快乐的孩子才更有可能长成快乐的成人。

#### 词汇

##### **wholesome**

有益身心健康的

##### **obesity**

肥胖

视频链接: <http://bbc.in/2jIjQDz>

## 练习

请从以下词汇中选择适当的答案来完成句子。注意：你可能需要改变单词的时态来完成句子。

### wholesome / obesity

1. Dentists in Britain have said the habit of eating cake and biscuits at work is fuelling \_\_\_\_\_ and poor oral health.
2. Despite their \_\_\_\_\_ nature, fresh green leaves and salad foods are sometimes involved in food poisoning.

## 答案

1. Dentists in Britain have said the habit of eating cake and biscuits at work is fuelling **obesity** and poor oral health.
2. Despite their **wholesome** nature, fresh green leaves and salad foods are sometimes involved in food poisoning.